

Chicken Fajita Pasta with Chipotle Alfredo Sauce

8 oz. dried rigatoni

8 oz. uncooked marinated chicken fajita meat, all visible fat removed

1 tsp. olive oil

¾ cup frozen chopped onion or 1 large onion, thinly sliced

1 large green pepper and 1 large red pepper, thinly sliced

¾ cup fat free evaporated milk

1 tsp. bottled chipotle sauce

1/8 tsp. pepper

1 medium yellow tomato, cut into 8 wedges (optional)

¼ cup sliced black olives (optional)

- 1. Prepare rigatoni using package directions, omitting salt and oil. Drain, return to pan with heat off and set aside.**
- 2. Meanwhile, thinly slice chicken; set aside.**
- 3. Heat a large nonstick skillet over medium-high heat. Add oil and swirl to coat bottom of skillet. Cook onion and bell peppers for 2-3 minutes, or until tender, stirring occasionally. Push to one side of skillet.**
- 4. Add chicken and cook for 6-8 minutes, or until no longer pink in center, stirring occasionally. (When chicken is browned, stir onion mixture in and cook together until chicken is done.)**
- 5. Meanwhile, in a measuring cup or small bowl, combine milk, chipotle sauce and pepper.**
- 6. Add chicken and milk mixture to coked pasta and cook over low heat for 1-2 minutes or until warmed, stirring occasionally. To serve, garnish with tomato and olives.**

Yield: 5 (1 ½ cup) servings

Nutrition per serving:

266 calories

3g total fat

1g saturated fat

21 mg cholesterol

272 mg sodium

43g carbohydrate

-----American Heart Association Meals in Minutes Cookbook